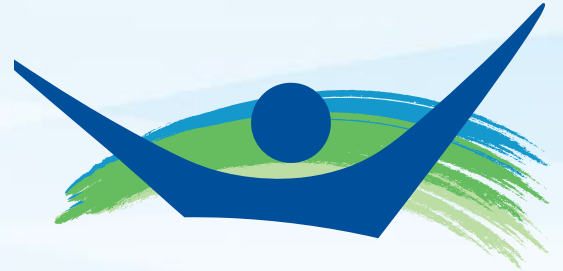


Manitoba 55+ Games 2024

VIRTUAL GAMES



Manitoba 55+ Games

PRESENTED BY  **PLAYNOW**

Participate your way!

Join us virtually June 24 – July 22, 2024

What are the Virtual 55+ Games and how do I participate?

The Virtual Manitoba 55+ Games have been in existence since 2021, during the Covid-19 pandemic. The overall goal is to encourage older adults to participate, try new activities and keep moving!

Since we realize not everyone is able to travel to Brandon in June; we are also bringing the games to you! Choose any activities you like, based on what you may be able to do in your own communities. The opportunities are endless!

Here are some great ways to keep moving:

- Walk or run at your own pace
- Cycle at your own pace
- Bocce Ball
- 9 Hole Golf or 18 Hole Golf
- Horseshoes
- Arts & Crafts
- Gardening
- Kayaking/canoeing
- Pickleball
- Badminton
- Tennis
- Cribbage
- Whist
- Scrabble
- Bowling
- The possibilities are endless!



Join other Manitobans, to connect virtually in the 2024 MB 55+ Games – it's simple, free and FUN!

June 24 – July 22, 2024

Registration is FREE!

Register any time between June 24 - July 22, 2024

Registration is required to be eligible for prizes



Manitoba 55+ Games 2024

VIRTUAL GAMES



Be part of something GREAT! Commit to a healthier, more active YOU this summer and COMMIT TO PARTICIPATE with these 3 easy steps:

1. REGISTER

Select which Virtual Games event or activity that you would like to enjoy during June 24 – July 22, 2024 from the enclosed list.

Fill out the attached registration form with your information and send it to the AAIM office:

By Mail:

Active Aging in Manitoba (AAIM)
1075 Leila Avenue, Winnipeg MB R2P 2W7

Email:

info@activeagingmb.ca

You can also call us at the AAIM office: 204-632-3947 and let us know that you are taking the pledge!

2. TRACK

Keep track of your event or activity during **June 24 – July 22, 2024** with the enclosed activity tracker. Celebrate your personal achievements!

3. SHARE

After the participation period, share your personal participation story with us and be entered to **WIN some amazing prizes!** Email or mail us a story, photo or video of you participating and tell us about your experience! Please see the contact information listed above.

You don't need to be an athletic superstar to participate.

Our 55+ Games are all about participation, fun and engagement. Check out the Games Event guide for more information about how to play an activity or event. There is something for everyone!

For more information:

- Check out our Frequently Asked Questions (FAQ) sheet
- Contact our AAIM office at **204-632-3947**
- Email us: **info@activeagingmb.ca**
- Visit the Active Aging in MB website: **www.activeagingmb.ca**



Manitoba 55+ Games 2024

VIRTUAL GAMES



We want to know how you are staying active!

Register with us and your name will be entered in a draw for some active aging prizes. You could win a set of Urban Poles (walking poles), T-Shirts, Exercise bands or gift certificates.

Fill out this registration form and send it to Active Aging in Manitoba:

By mail: Active Aging in Manitoba (AAIM)
1075 Leila Avenue
Winnipeg, Manitoba R2P 2W7

By email: info@activeagingmb.ca

My name is (please print):

(First Name)

(Last Name)

Mailing address:

(Apt/Street #)

(Street)

(Town/City)

(Postal Code)

Phone number:

Email address:

(Optional) Birthdate:

(Month / Day/ Year)

What 55+ Games event(s) are you participating in to help you stay active and connected?

Manitoba 55+ Games 2024 VIRTUAL GAMES



Share your experience with us!

Congratulations

You did it! Now, tell us about your experience. After the participation period (June 24 - July 24) share your personal participation story with us and be entered to **WIN some amazing prizes!**

Along with your completed Activity Tracker, email or mail us a **story, photo or video** of you participating and tell us about your experience.

By mail: Active Aging in Manitoba (AAIM)
1075 Leila Avenue
Winnipeg, Manitoba R2P 2W7

By email: info@activeagingmb.ca

Reflection - some thoughts to get you started:

- What event/activity did you enjoy?
- How did it make you feel?
- What did you discover?
- Were there any obstacles you had to overcome?

Tell us about your Virtual Games experience: *(Please use other side if you need more space)*

**By submitting my story and/or photos to AAIM, I consent to share my virtual games experience for AAIM promotional purposes.*

How to share your digital pictures

1. Find the picture you want to share on your cellular phone, tablet, or digital camera.
2. If you are using a digital camera, you can print your picture or download it to a computer.
3. Attach the photos you wish to share to an email along with your story and activity tracker and send to: manitoba55plusgames@gmail.com

